

**Free printable life skills worksheets for special needs students
pdf: Version 2**

Toilet Training	Exercise and stay fit	Take therapy
Create structure and routine in your life.	Maintain basic hygiene.	Take a bath before sleeping.
A shelter should involve all the basic facilities. E.g. A wheelchair. Proper light. Sensory stimulators(if necessary)	Engage in self-care	Physical aspects: A room with all the basic facilities, a heater to keep you warm, and an AC to keep you cool.
Set reminders and timers to manage your time.	Take proper Medicines.	Effective communication skills
Read with braille if needed, or any other AV aid	Seek support from your teachers	Ask for help when needed.
Train your child or the adult to independently deal with life.	Take your vitamins and supplements.	Social awareness